

# Annecto - Forest Hill Chase – Events and activity calendar

## Dates

6 June 2022 – 30 June 2022

## Location

Forest Hill Chase shopping Centre

We are on level 2 near the entrance from Mahoneys Rd car park.

(Shop 280, opposite Commonwealth Bank)

[Click here to open on Google Maps](#)

Contact [eastern.reception@annecto.org.au](mailto:eastern.reception@annecto.org.au) or (03) 9876 0122 to register you for FREE for any of the following events.

Week	Date and time	Event name
<b>Week 1</b>	Monday, 6 June 2022 at 10 am	<b>Meet and greet the team</b> - Come grab a cup of tea and meet our passionate staff.  Find out how we can support you.
	Monday, 6 June 2022 11.30am – 12.30pm	<b>Tech workshop to stay connected</b> - It's all about connection. Come along and learn how to connect with friends and family online. We have all the tips and tricks that you need to know for email and social media, making it easy to stay connected. These tools are useful for checking in with your loved ones regularly, or attending milestone events such as your granddaughters' birthday. Join our workshop to find out more.
	Tuesday, 7 June 2022 10.30am – 12.30pm	<b>Aged care info session</b> - Join us for an informal morning tea session to learn about all things aged care - and how to get started on navigating the aged care system, including the Federal Government's online gateway MyAgedCare, Home Care Packages, and how to access what you need to meet your goals and stay independent.
	Wednesday, 8 June 2022 10am – 5pm	<b>FREE Errand Express every Wednesday*</b> - Enjoy a free hour of support to run your usual errands. This Errand Express service is easy and convenient, matching you with one of our staff members to show how we can support you



		<p>in day-to-day life. We can make your experience hassle-free, so you can pay your bills, pick-up prescriptions, complete your weekly grocery shopping or buy that pair of shoes you've been admiring, with friendly and professional support. Speak to us today to find out more, and book your free slot!</p> <p>Terms and Conditions apply. Please contact Annecto Forest Hill Chase <a href="mailto:eastern.reception@annecto.org.au">eastern.reception@annecto.org.au</a> or (03) 9876 0122 to find out more.</p>
	<p>Thursday, 9 June 2022 10.30am – 12.30pm</p>	<p><b>NDIS info session</b> - Join your local Annecto team for a free and practical workshop on all things NDIS. Over a relaxed morning tea session, we will run through accessing the NDIA, the eligibility criteria, understanding request forms, required evidence, and supports around you. Come join us to untangle the NDIS process, and learn what we can do to support you.</p>
	<p>Friday, 10 June 2022 10am – 5pm</p>	<p><b>Employment pathways - open day!</b> - Do you want to work in a role that makes a difference in your own community? A career as a Support Worker is not just a role, it's a lifestyle - and can truly give you the elusive work/life balance we all yearn for. Come along to our Open Day to see how Annecto can meet your needs:</p> <ul style="list-style-type: none"> <li>• No more of the 9 to 5 grind – you set your own hours</li> <li>• You don't want to work weekends – you don't have to</li> <li>• Earn good money in line with SCHADS awards – starting rate is \$31 per hour</li> <li>• All of your travel and training is paid for, as is your time</li> </ul> <p>Your career can be so much more than just a job. Come along to our Open Day to find out about our available positions.</p>
<p><b>Week 2</b></p>	<p>Tuesday, 14 June 2022 10:30am – 12pm 1pm - 2:30pm</p>	<p><b>TRIVIA TUESDAY</b> - Have you ever fancied yourself as a bit of a trivia expert? Are you shouting out the answers to the TV when the games shows are on? Then Trivia Tuesday was made for you! Come along and share your knowledge. No pressure and lots of laughs could be just what the doctor ordered! Meet new people and win some prizes along the way, it's a win for everyone.</p>
	<p>Wednesday, 15 June 2022 10am – 12pm</p>	<p><b>Tech workshop to stay connected</b> - It's all about connection. Come along and learn how to connect with friends and family via Zoom. We will show you all the tips and tricks you need to know to operate a tablet. Take away</p>



		the hassle of travelling: catch up with anyone at any time anywhere, simply by clicking a few buttons.
	Wednesday, 15 June 2022 10am – 5pm	<b>FREE Errand Express every Wednesday*</b> - Enjoy a free hour of support to run your usual errands. This Errand Express service is easy and convenient, matching you with one of our staff members to show how we can support you in day-to-day life. We can make your experience hassle-free, so you can pay your bills, pick-up prescriptions, complete your weekly grocery shopping or buy that pair of shoes you've been admiring, with friendly and professional support. Speak to us today to find out more, and book your free slot!  Terms and Conditions apply. Please contact Annecto Forest Hill Chase <a href="mailto:eastern.reception@annecto.org.au">eastern.reception@annecto.org.au</a> or (03) 9876 0122 to find out more.
	Thursday, 16 June 2022 10:30am – 12.30pm	<b>Clinical Session with Helen Matthews</b> Please contact Annecto Forest Hill Chase <a href="mailto:eastern.reception@annecto.org.au">eastern.reception@annecto.org.au</a> or (03) 9876 0122 to find out more.
	Friday, 17 June 2022 10:15am – 11:45am 12:15pm – 1:45pm	<b>Bring on the BINGO!</b> - Keep your mind active, meet some new friends, have a laugh and win some prizes along the way. Bring on the Bingo!
	Friday, 17 June 2022 2pm – 4pm	Afternoon tea
	Monday, 20 June 2022 10:30am - 12:30pm	<b>Info Session – Commonwealth Bank Australia</b> Please contact Annecto Forest Hill Chase <a href="mailto:eastern.reception@annecto.org.au">eastern.reception@annecto.org.au</a> or (03) 9876 0122 to find out more.
<b>Week 3</b>	Tuesday, 21 June 2022 10:30am – 12pm 1pm - 2:30pm	<b>TRIVIA TUESDAY</b> - Have you ever fancied yourself as a bit of a trivia expert? Are you shouting out the answers to the TV when the games shows are on? Then Trivia Tuesday was made for you! Come along and share your knowledge. No pressure and lots of laughs could be just what the doctor ordered! Meet new people and win some prizes along the way, it's a win for everyone.
	Wednesday, 22 June 2022 1pm - 2:30pm	<b>Dementia Australia</b> - This session will provide information about dementia and the likely impact of the symptoms on a



	person’s perception and ability to successfully navigate their environment.
Wednesday, 22 June 2022 10am – 5pm	<p><b>FREE Errand Express every Wednesday*</b> - Enjoy a free hour of support to run your usual errands. This Errand Express service is easy and convenient, matching you with one of our staff members to show how we can support you in day-to-day life. We can make your experience hassle-free, so you can pay your bills, pick-up prescriptions, complete your weekly grocery shopping or buy that pair of shoes you've been admiring, with friendly and professional support. Speak to us today to find out more, and book your free slot!</p> <p>Terms and Conditions apply. Please contact Annecto Forest Hill Chase <a href="mailto:eastern.reception@annecto.org.au">eastern.reception@annecto.org.au</a> or (03) 9876 0122 to find out more.</p>
Thursday, 23 June 2022 10:30am – 12.30pm	<p><b>Voice of customers - what matters to you?</b> - With this focus group, we want the voices of our customers to be heard. Tell us what matters to you. What could we do differently to make your experience a better one? How can we truly make Annecto the provider of choice? Support and Experience: what does this look like to you? Feeling valued: how do we make you feel and what could we do better?</p>
Thursday, 23 June 2022 2.30pm – 4.30pm	<p><b>Voice of support workers - what matters to you?</b> - This group session will entirely focus on the experience of being a Support Worker. What matters to you? What could we do differently to make your experience a better one? How can we truly make Annecto the employer of choice? What does "recognition" look like to you? Feeling valued: how do we make you feel and what could we do better?</p>
Friday, 24 June 2022 10am – 2pm	<p><b>Art and craft –</b></p> <p>Session 1: Get those creative juices flowing! Come and join us for a fun-packed session of card making. Get a head start on your Christmas cards for this year and make some friends along the way.</p>
Monday, 27 June 2022 1pm – 2pm	<p><b>Meditation Monday</b> - In a busy world like ours, we often need to make time to smell the roses. Come along and learn some relaxation techniques and tips on how to calm your mind, nurture your body and practice self-care.</p>
<b>Week 4</b> Tuesday, 28 June 2022 10:15am – 11:45am	<p><b>Bring on the BINGO!</b> - Keep your mind active, meet some new friends, have a laugh and win some prizes along the way. Bring on the Bingo!</p>



	12:30 – 2pm	
	Wednesday, 29 June 2022 10:30am – 12:30pm 1:30pm – 3:30pm	<p><b>Art and craft –</b></p> <p>Session 2: Our fur babies are often our very best friends and everyone deserves a nice warm bed to sleep in. Join this session and recycle old jumpers into dog beds with us! You can either make one for your own special friend or donate it to one of the local animal shelters.</p>
	Wednesday, 29 June 2022 10am – 5pm	<p><b>FREE shopping + paying bills (every Wednesday)* -</b></p> <p>Enjoy a free hour of support to run your usual errands. This Errand Express service is easy and convenient, matching you with one of our staff members to show how we can support you in day-to-day life. We can make your experience hassle-free, so you can pay your bills, pick-up prescriptions, complete your weekly grocery shopping or buy that pair of shoes you've been admiring, with friendly and professional support. Speak to us today to find out more, and book your free slot!</p> <p>Terms and Conditions apply. Please contact Annecto Forest Hill Chase <a href="mailto:eastern.reception@annecto.org.au">eastern.reception@annecto.org.au</a> or (03) 9876 0122 to find out more.</p>
	Thursday, 30 June 2022 10am – 12pm	<p><b>Come celebrate with us!</b> - As our month-long community launch is coming to an end, join us to celebrate the opening of our two local Annecto retail shops one last time. Come grab a cup of tea and meet our passionate staff. We are truly grateful for the warm welcome and hope to see you there! We are looking forward to the rest of the journey with you and the local community.</p>